



July 2017

204 Union Street, Hingham, MA

Wompatuck State Park

(781) 749-7160

Park Interpreter: James

NOTE: Programs marked “(VC)” start at the Visitor Center; those marked “(CS)” start at the Campground Contact Station.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8–10 am— Wompatuck One Stops (VC) 11 a.m.— Riley Quarry Walk (VC) 2 pm— Biking Wompatuck's WWII History (CS)
2	3 <i>f</i>	4 9 am— Healthy Heart Walk (VC) 11 am— Old-Time Plant Remedies (VC) 2 pm— Triphammer Wildflower Walk (VC)	5 9 am— Healthy Heart Walk (VC) 11 am— Riley Quarry Walk (VC) 2 pm— Old-Time Plant Remedies (CS)	6 9 am— Healthy Heart Walk (VC) 11 am— Old-Time Plant Remedies (CS) 2 pm— Triphammer Wildflower Walk (VC)	7 10 am— Riley Quarry Walk (VC) 2 pm— Biking Wompatuck's Cold War Past (VC)	8 8–10 am— Wompatuck One Stops (VC) 1 pm— Old-Time Plant Remedies (CS) 3 pm— Riley Quarry Walk (VC)
9	10	11	12	13	14	15
16	17	18 9 am— Healthy Heart Walk (VC) 11 am— Old-Time Plant Remedies (VC) 2 pm— Wildflower Walk (CS)	19 9 am— Healthy Heart Walk (VC) 11 am— Riley Quarry Walk (VC) 2 pm— Old-Time Plant Remedies (CS)	20 9 am Healthy Heart Walk (VC) 11 am— Triphammer Wildflower Walk (VC) 2 pm— Old-Time Plant Remedies (CS)	21 10 am Healthy Heart Walk (VC) 2 pm— Biking through Wompatuck's WWII History (CS)	22 8–10 am— Wompatuck One Stops (VC) 11 am— Old-Time Plant Remedies (CS) 2 pm— Biking Wompatuck's Cold War Past (VC)
23/30	24/31	25 9 am— Healthy Heart Walk (VC) 11 am— Old-Time Plant Remedies (CS) 2 pm— Riley Quarry Walk (CS)	26 9 am— Healthy Heart Walk (VC) 11 am— Old-Time Plant Remedies (CS) 2 pm— Wildflower Walk (VC)	27 9 am— Healthy Heart Walk (VC) 11 am— Old-Time Plant Remedies (CS) 2 pm— Wildflower Walk (CS)	28 9 am Healthy Heart Walk (VC) 2 pm— Biking Wompatuck's Cold War Past (CS)	29 8–10 am— Wompatuck One Stops (VC) 1 am— Riley Quarry Walk (VC) 3 pm— Old-Time Plant Remedies (CS)

Things to Know Before You Go:

- Programs are free and open to all, unless otherwise noted.
- Dress for the weather; bring sunscreen, bug spray, and water.
- All children must be accompanied by an adult.

• Park Website: www.mass.gov/eea/agencies/dcr/massparks/region-south/wompatuck-state-park.html.

• All parking is free.

• Rain cancels most programs; confirm by calling 781-749-7160.

• A snack may be advisable for longer programs.

• Reasonable accommodations are available upon advance request.

• Park Trail Map: www.mass.gov/eea/docs/dcr/parks/trails/wompatuck.pdf.

Program Descriptions—

Biking through Wompatuck's Cold War Past	<ul style="list-style-type: none"> This program brings the Cold War (especially 1950–62) to life. The Hingham Ammunition Depot Annex (now Wompatuck) played a key role in the early (and scariest) part of that era. Includes the site where rocket engines were tested; ammunition bunkers, including one that held nuclear weapons; and the ruins of buildings that once manufactured rocket fuel and tested rocket engines. <p>This moderately challenging ride starts at the Visitors Center and is suitable for adults and children 10+. Bring your own bike, and please wear a helmet—no exceptions! Young children in carriers, wearing bike helmets, are also welcome.</p>
Biking through Wompatuck's World War II Past	<ul style="list-style-type: none"> This bike tour focuses on Wompatuck's World War II history. Construction of the Depot Annex (now Wompatuck) began in the early 1940s as the U.S. struggled to prepare for imminent war. Once we were at war, the Hingham Depot and the Depot Annex served as the main resupply points for the Atlantic Fleet. You'll see munitions bunkers, rail lines, barricaded sidings and the transfer station where ordnance was loaded on trucks. <p>This moderately challenging ride starts at the Campground Contact Station and is suitable for adults and children 10+. Bring your own bike, and please wear a helmet—no exceptions! Young children in carriers, wearing bike helmets, are also welcome.</p>
Healthy Heart Walk	<ul style="list-style-type: none"> Join us for a guided recreational walk on the Healthy Heart Trail. Walking is the exercise for which we humans are best adapted. There are more than 70 designated Healthy Heart Trails at Massachusetts parks, including ours at Wompatuck. Make them the heart of your healthy lifestyle. Our trail is marked with green heart symbols and is approximately 1.25 miles long. <p>We start at the Visitors Center. The walk is of easy to moderate difficulty and takes around half an hour. This exercise walk meant for adults and older children. It's a great way to get some exercise—and have fun!</p>
Old-Time Folk Remedies	<ul style="list-style-type: none"> When early settlers looked across their land, they didn't see ecosystems or natural beauty. They saw useful plants—crops in the fields, forage in pastures, timber in woodlots, and a pharmacy of herbal folk remedies. This walk will introduce some common plants once used as medicines. <p>Note: This program doesn't encourage the use of such traditional cures. Though modern science has confirmed the benefits of some folk remedies, others are known to have dangerous side effects. The goal here is to appreciate how our forebears built upon a fund of common wisdom in seeking to preserve health in the absence of modern medicines, doctors, and pharmacies.</p>
Riley Stone Quarry Walk	<ul style="list-style-type: none"> This short hike takes back you to a time when much of American industry still relied on muscle power. The land in this area was terrible farmland. But it served other purposes as woodlots, sheep pastures, places for hunting and fishing—and even for industry. Here you'll see a quarry (active from the 1890s to the 1920s) where men used manual techniques—and their own muscles—to cut granite blocks. <p>We often frame American history around big thinkers (like Concord's Henry David Thoreau and Ralph Waldo Emerson) or political leaders (like John Adams and John Quincy Adams). But this quarry shows how regular working men left their mark—in Wompatuck's solid stone.</p>
Triphammer Pond Hike	<ul style="list-style-type: none"> This two-mile hike to Triphammer Pond features nature and history. You can see the foundation of a water-powered mill, a reminder of a time when economic enterprise relied on falling water to make things happen. For years, the mill had a trip hammer, which gave the pond its name. <p>The dam also has a profusion of wildflowers (daisies, Queen Anne's lace, yarrow, bladder campion, milkweed, multiflora rose, and cinquefoil, among others). The surrounding area features a mature second-growth forest—white pines and deciduous woods (including American beech, oak, and shagbark hickory, among others).</p>
Wildflower Walk	<ul style="list-style-type: none"> Wompatuck wildflower walks begin either at the Visitors Center or the Campground Contact Station (check the schedule). They will introduce some of Wompatuck's many seasonal wildflowers. Some of these are native species; others are aliens. Some “play well with others,” but some are invasive and disruptive. From week to week, each wildflower walk will be a bit different, as various species come into bloom (or lose their flowers or ripen into fruit). <p>Besides getting to see a range of flowers, participants will hear their stories and learn about some of their unexpected uses. The goal is to help convey the complexity and unexpected usefulness of Wompatuck's wildflowers.</p>
Wompatuck One-Stops	<ul style="list-style-type: none"> Wompatuck is a place of fascinating stories. The “One-Stops” are brief bike programs (15–25 minutes max.). Each provides a quick introduction to one of those stories. Some of these sites are historic; some are well-hidden; and some, just plain weird: <p><i>Duck-and-Cover Bunker</i>—a bunker far more important for what it held than how it looked.</p> <p><i>Woodhenge</i>—the Navy made rocket fuel here; what's left suggests an ancient, wooden Stonehenge.</p> <p><i>For Whom the Pole Tells</i>—What are those strange, tall poles? Flagpoles? Antennas? Another Area 51?</p> <p>One-Stops are suitable for adults and children 10+. Bring your own bike, and please wear a helmet—no exceptions! Young children in carriers, wearing bike helmets, are also welcome.</p>